HEALTHY FOODS

POLICY Colbinabbin Primary School

**Rationale:**

1. Healthy nutritional habits are essential to the growth and development of children.

**Aims:**

1. To develop within students an informed appreciation of a well balanced diet.
2. To ensure that any foods provided by the school are consistent with a healthy eating philosophy.

**Implementation:**

* The development of an appreciation of healthy foods and healthy eating habits form part of our Health Promoting School strategy.
* Lessons relating to healthy foods and healthy eating will form part of each child’s annual Health & Physical Education curriculum studies.
* The school will involve itself in local strategies designed to raise an awareness of, or to promote healthy foods eg: local fruit growing or local dairy industry promotions.
* Healthy foods and drinks will be recommended to all students at activities such as sporting events.
* The principal will ensure that a supply of drinkable water is available at the school at all times.
* At least once per year the whole school will focus upon a theme of healthy foods.
* Staff members will be encouraged to model healthy eating habits whilst at school.
* Students will have access to their own water bottles during class time.
* Fund raising activities will not focus on the promotion of unhealthy foods that do not complement our healthy foods philosophy.
* Staff are to inform the principal of students who appear to be provided with inadequate lunches.
* Children will be discouraged from bringing chips, Twisties, Cheezels etc and confectionary to school for snacks or as part of their lunch.

**Evaluation:**

1. This policy will be reviewed as part of the school’s three-year review cycle.

This policy was ratified by School Council in February 2008. It will be reviewed in 2011.